



MONDAY



Oven Baked Chicken Tenders & Potato Wedges
\$13.70

TUESDAY



Leek & Potato Soup
\$17.93

WEDNESDAY



Tuna Pasta Salad
\$4.70

THURSDAY



Buffalo Chicken Wrap
\$9.83

FRIDAY



Steak Kabobs
\$19.08

Estimated Total: \$65.24

Produce:

- Avocado (1/2)
- Bell Peppers (2)
- Carrot (1/2 cup)
- Celery (2 ribs)
- Spinach Leaves (2 cups)
- Thyme (4 spigs)
- Garlic Cloves (2)
- Leeks (2 large)
- Romaine Lettuce (2 cups)
- Russet Potatoes (2)
- Red Onion (1/4 cup)
- Russet Potatoes (2)
- Sweet Onion (1)
- Yukon Gold Potatoes (2 lbs)

Canned Goods:

- Alboacore White Tuna, packed in water (7 oz)
- Chicken Stock (4 cups)
- Low-Sodium Chicken Broth (1 cup)

Pantry:

- All Purpose Flour (1 cup)
- Baking Powder (1/2 tsp)
- Blue Cheese or Ranch Dressing (1/2 cup)
- Franks Hot Sauce (1/2 cup)
- Low-Sodium Soy Sauce (1/2 cup)
- Mayonnaise (1/2 cup)
- Oil (1/2 cup)
- Olive Oil (2 Tbsp)
- Peach Juice (1/2 cup)
- Pickle Juice (1/2 cup)
- Powdered Sugar (3 Tbsp)
- White Wine (1/2 cup)
- Metal or Bamboo Skewers

Seasonings:

- Bay Leaves
- Chili Powder
- Crushed Red Pepper Flakes
- Dried Dill Weed
- Dried Onion Flakes
- Garlic Powder
- Paprika
- Salt & Pepper

Bread & Grains:

- Small Shell Pasta (8 oz)
- Flour Tortillas (4 large)

Refrigerated:

- Butter (3 Tbsp)
- Eggs (1 large)
- Shredded Parmesan Cheese (1/2 cup)
- Frozen Peas (1 cup)
- Heavy Cream (1 cup)
- Milk (1/2 cup)
- Plain Greek Yogurt (1/2 cup)
- Shredded Cheddar Cheese (1/2 cup)

Protein:

- Bacon (2 slices)
- Chicken Breasts (1 lb)
- Chicken Tenders (2 lb)
- Top Sirloin Steak (1 1/2 lb)



Want to swap out a recipe or add a side? Add this meal plan to your collection! **Register** for a free account or **login** to get started!

Meal Plan 133

PREP INSTRUCTIONS

**Tastes Better
from Scratch™**

BREAKFAST IDEAS

- Orange Julius
- Breakfast Quesadillas
- Bran Muffins

LUNCH IDEAS

- Banh Mi
- Apple Pecan Salad
- Broccoli Cheese Soup

SNACK IDEAS

- Healthy Granola
- Instant Pot Yogurt
- Banana Bread

MONDAY

Chicken Tenders & Potato Wedges



- Marinade the chicken and make the breading. For oven baked chicken tenders: prepare the same, and bake on a baking tray at 400 degrees F for 10 minutes. Flip and cook for an additional 5-10 minutes, or until cooked through.

TUESDAY

Leek & Potato Soup



- This creamy potato leek soup can be made ahead and stored in the fridge for up to 3 days. If the soup is overly thick when rewarmed, add a splash of milk or cream. Taste and add additional salt, pepper, or thyme, as needed.

WEDNESDAY

Tuna Pasta Salad



- Pasta can be made ahead of time and stored in an airtight container for up to 3 days.

THURSDAY

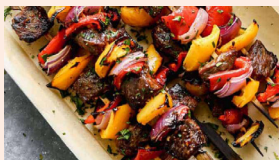
Buffalo Chicken Wrap



- Chicken can be made ahead of time and stored in an airtight container for up to 3 days. Reheat when ready to serve.

FRIDAY

Steak Kabobs



- The steak can marinate for up to 6 hours. The vegetables can be chopped ahead of time so all you have to do is assemble and grill!